

# The Midtowner

## Weekly Bulletin of Rotary Club Chandigarh Midtown

2021-22 | Club No. 15228 | R.I. District 3080

View online: [www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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**Rtn. J. S. Bawa**

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**PP Rtn. Dr. V.J.S. Vohra**

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Volume 46 No. 31 Dated: 08 February 2022  
Programme

Venue: Virtual Zoom Platform  
Meeting ID: 956 090 2632  
Passcode: 15228

Date: 11 February 2022 (Friday)  
Time: 6.30 p.m.

### THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

### Pursuit of Peace - Rotary's Contribution

Keynote Speaker

Past District Governor  
**Rtn. Shaju Peter**

**Fear never builds the future,  
But FAITH and HOPE does.**

### The Concept and Awareness about Reiki

[Click here to watch on our YouTube channel - https://youtu.be/A2NvusZPoqk](https://youtu.be/A2NvusZPoqk)

In our weekly meeting held on zoom on 04th February 2022, President Rtn. Salil Chopra welcomed the keynote speaker Rtn. Wing Comander Rajiv Chopra, who was formally introduced by Rtn. Kulvinder Singh.



**Wg. Cdr. Rajiv Chopra**

Wg. Cdr. Rajiv Chopra served in the Indian Air Force from 1983 to 2004. He is an experienced Helicopter Pilot having 5000 hours of flying. After retirement he was self employed for UK based company. He did MBA from Symbiosis. In UK he was a Mortgage Consultant and Debt Advisor. In 2014 he did courses in Reiki in London, Bhopal, Delhi, Gurgaon and Mumbai. Since 2020 he

is Reiki Grandmaster. He has treated 200 patients including by distance healing. He treats patients free of cost. He is teaching Reiki and has 50 students from India and UK. His fee for teaching Reiki is Rs. 20000 but for poor and disabled people he does not charge. R'Ann Mini Verma explained how she was treated with success by Wg. Cdr. Chopra. President Salil also expressed his pleasant experience and said Reiki really works.

Wg. Cdr. Chopra gave an interesting talk on the Concept and Awareness about Reiki. He explained that Reiki is nothing mystic but healing of body, mind and soul with the help of sacred Symbols, mantras that have been used since ages, been used by seers, sages, monks over the centuries. Lord Buddha - the Master healer said - Be a Light and light up others. That is the purpose of each human Soul born on this Earth.

After decades of often disputed validity, the effectiveness of Reiki, a holistic energy treatment is gaining new respect within the medical community. Not only are highly reputed medical facilities throughout the USA offering patients alternative healing programs such as Reiki, those facilities are analysing the benefits of their programs and are submitting them for review and compilation.

Reiki is not an alternative to allopathic medicine, it is a 'complementary' therapy that can be implemented alongside all other medical and therapeutic techniques. It is a gentle technique that is suitable for even very feeble patients, so it is accepted widely in hospitals and hospices around the world. The profound relaxation produced by Reiki has been anecdotally reported to eliminate anxiety and stress, the perception of pain, and to promote a feeling of psycho spiritual well-being.

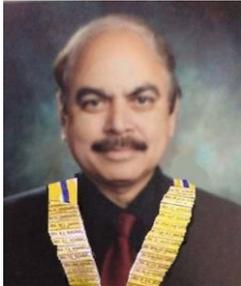
Reiki is different in its scope of healing- healing the body, the mind, emotions, the souls, healing within and without-spiritually. In fact, it augments the natural healing ability of the body. It does not require intensive training or technique or tools or time-consuming strenuous efforts or qualification or any specific age limit. It is simply channelling and accelerating the life force of higher energy through the hands or mind of the healer into the healee (Sick person). So sheer focused attention and good intention to help relieve the sufferings of the sick triggers the natural healing ability of the body and necessary healing takes place of its own. This flow of energy through the healer via his mind or body brings in wellness of both - the healer and the healee. One can say it is the essence of divinity. Besides, a Reiki healer can heal at a distance, scan and diagnose the ailing part in the body. Healer can go to the

root of disease and heal at the cell level without any external aid or expense. It leads the person to spiritual awakening and experiences.

One of the key defining features of Reiki is that the ability to practice is conferred through an “attunement” process and is not dependent on any innate personal healing capability. Attunement is done by a Reiki Master, through a series of rituals that are said to open the energy channels of the body. Attunement to first-degree Reiki (Reiki I) confers the ability to treat oneself and others by touch. Attunement to second -

degree Reiki (Reiki II) confers the ability to use specific symbols to access Reiki mentally for distant healing. Attunement to third-degree Reiki (Reiki III), and Master level, confers the ability to attune others into Reiki. At each level, the ability to effectively heal with Reiki develops progressively through committed practice.

Wg, Cdr. Chopra offered Reiki Course to feel the difference in your life! He trains disabled persons free of cost. He also provides free healing. His phone Nos. are +91 6239534318 and +44 7915229729 (London).



Opening address by President Salil Chopra



Invocation by R'Ann Indu Anand



Introduction of Rtn. Kulvinder Singh



Announcements by Secy. Rtn. J.S. Bawa



Vote of thanks by SAA PP Rtn. Prem Anand

**Media Coverage**

**School organises two-day virtual skill development session**

**D**AV Police Public School, Panchkula, in association with Rotary Mid Town Chandigarh, conducted a two-day virtual skill development course on 'Use of phone and serving community is to serve nation' along with GMSSS-15, 35 & 46, Chandigarh. Students of classes VI to XII were advised on how they can serve their country by serving the community. Further, young learners were taught how to utilise their time productively while using phones by Rotarian Salil Chopra, president of Rotary Mid Town Chandigarh. The event concluded with vote of thanks by headmistress Upasana Sharma, where she expressed her gratitude to the Rotaract Team and



praised her team for executing the event smoothly.

**01<sup>st</sup> Feb - Inauguration of Rotary Vocational Training Centre**

Inauguration of Rotary Vocational Training Centre was held at village Haripur, Sector 4, Panchkula, run by our Club in association with FPAL, Panchkula. 20 economically weaker trainees were explained their roles towards society as trained Home Care Nurses. This is a step towards women empowerment. MOU was signed for 5 years and kits were distributed. Salary was handed over to the teacher. Present: PP Rtn. B.L. Ramsisaria, PP Rtn. R.K. Luther, President Salil Chopra, PE Rtn. Dr. Sanjay Kalra, PP Rtn. Dr. Rita Kalra, First Lady Rtn. Renu Chopra, Secretary Rtn. J.S. Bawa, DVS Rtn. Anupam Jain and Board members of FPAL.



## Oral Health Camp



RCC Smile Express conducted an Oral Health Camp at village Kakkar Majra on 05th February 2022 for 95 children, aged 2 to 14 years to spread smiles on occasion of Basant Panchmi. PE Rtn. Dr. Sanjay Kalra's son Dr. Ruchir Kalra spoke on five golden rules for healthy teeth and demonstrated the correct method of brushing to the children while PP Rtn. Dr. Rita Kalra talked about health and hygiene for healthy life.

Oral hygiene kits comprising of tooth pastes, tooth brushes, chewing gum and soaps were distributed to all the children, who have been adopted for remedial teaching and nutrition supplements in view of the recent lockdown of schools.



Dr. Vibha from Aashiana Orphanage Panchkula and Mr. Sandeep, a famous Yoga instructor are dedicatedly working on the kids for their overall development.

95 Oral hygiene kits were sponsored by RCC Smile Express.

## District 3080 Sahyog Artificial Limbs Project

[Click here to see video on YouTube](#)

Discharge of Robin with below knee artificial leg, sponsored by Rotary Club Panchkula Greens Rtn. Deepak Gupta, was held on 07th February 2022 at the new facility / Clinic of PP Dr. V.J.S. Vohra, Nevedac Prosthetic Clinic, SCO 50, Royal Estate, Behind Oxford Street, Chandigarh - Ambala Expressway, Zirakpur. Dr. Vohra would also promote Rotary image from his new clinic.

[Click here to see video on YouTube of Robin](#) as he drives his motorcycle, with his prosthetic leg, to his house.

Plaster cast / measurements were taken of two patients for above knee artificial legs sponsored by Rotary Club Panchkula. Measurement was also taken of a lady for walking caliper.

Plaster cast / measurements of Sompal was taken for bilateral above elbow artificial arms (both left and right) sponsored by PN Jeeten Bhambri.

Present on the occasion were District RFE Chair and PE Dr. Sanjay Kalra, District Awareness Chair PP Naveen Gupta, District Disability Empowerment Chair PP Dr V.J.S. Vohra, President Praveen Goel, PP Anup Aggarwal, PP Ashok Puri, PP Deepak Gupta, AG Salil Bali, Secretary J.S. Bawa, DCS Rtn. Pradeep Sisodia, Prosthetist Dr. Ashwani Kumar, Physiotherapist Dr. Sudhir Tewatia and Vinod Nagpal of RCC Disability Empowerment.

We also had gracious presence of PP Suresh Singhal, senior member of Lions Club Chandigarh Central and former President of Rajasthan Parishad.



**District Appointments for Rotary Year 2022-23**



**PP Rtn. Salil Dev Singh Bali**  
Chief Advisor – State Coord.  
Comm.



**PP Rtn. Deepak Sood**  
District Advisor  
CSR



**PP Rtn. Dr. Rita Kalra**  
District Greeting  
Chair



**PP Rtn. Dr. V.J.S. Vohra**  
District Disability  
Rehabilitation &  
Empowerment Chair

**Birthday of Spouse**

R'Ann Rachita Jain 16 February

**Birthday of Rotarians**

PP Rtn. R .T. P. S. Tulsi 14 February

**Wedding Anniversary**

R'Ann Urmil & PP Rtn. Raj Kumar Luther 14 February

**Donations for Club Project**

**Sahyog Project:** First Lady Rtn. Renu Chopra and  
President Rtn. Salil Chopra Rs. 5000  
Rtn. Justice Raj Rahul Garg Rs. 5000

**GG Matching for Dialysis Project**

President Rtn. Salil Chopra USD 1000  
PP Rtn. Kanan Diwan USD 2000  
IPP Rtn. Sanjay Bhatia USD 2000  
Rtn. Jeeten Bhambri USD 2000  
AG Rtn. Salil Bali USD 1000

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IPP Rtn. Sanjay Bhatia